

## *Bright Ideas for Washington State Bright Futures*

Fall 2006

### **A News Update from the Washington State Bright Futures Project**

#### *Introducing the Bright Futures Guidebook for Early Childhood Care and Education*

The NEW **Bright Futures Guidebook for Early Childhood Care and Education** offers training and resource tools for self-directed learning or for training other providers about Bright Futures. The Guidebook will help busy early childhood care and education professionals access and use Bright Futures principles and materials to support existing health promotion systems in early childhood settings.

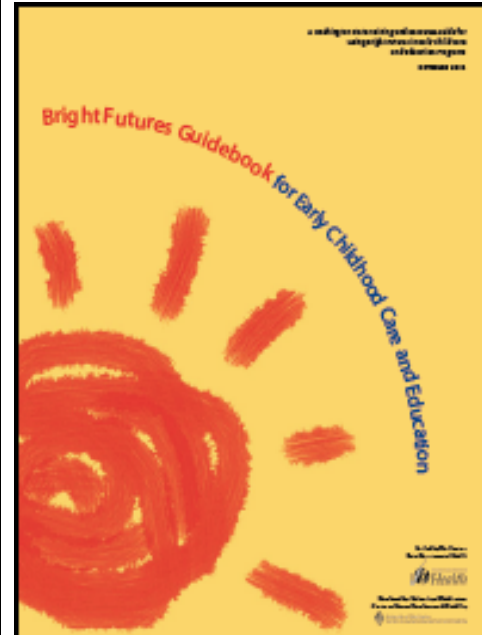
#### ***Content in the Guidebook***

Inside the Guidebook you will find information and ready to use tools, including:

- \* An introduction to Bright Futures principles and materials. Information about the connections between a child's health and a child's readiness for learning.
- \* Strategies useful for integrating Bright Futures into existing early childhood health promotion systems and tools for creating a Bright Futures work plan.
- \* Ideas for introducing staff to Bright Futures
- \* Ideas for using Bright Futures with families
- \* Ideas for using Bright Futures in the classroom or child care

#### ***Development of the Guidebook***

Content in the guidebook was developed from activities and lessons learned from the Washington State Bright Futures in Early Childhood Project. This was an 18 month project to study the effectiveness of using Bright Futures in early childhood programs including Head Start, Early Head Start, ECEAP, and child care programs. Eleven early childhood pilot states across Washington State participated in the project. The Bright Futures training tools and implementation activities described in the guidebook come directly from experiences in the Project. They can serve as a starting point and a place to launch your own use of the Bright Futures materials.



#### ***How do I Get A Copy?***

Copies will be available after November 1. To order a copy after November 1, 2006, please check the Washington State Bright Futures web site:

[http://www.doh.wa.gov/cfh/mch/Bright\\_Futures/default.htm](http://www.doh.wa.gov/cfh/mch/Bright_Futures/default.htm)



The Washington State Department of Health, Office of Maternal and Child Health extends special thanks to the Bright Futures pilot sites, Bright Futures Champions, and consultants for sharing their ideas and guiding the

## Washington State Bright Futures Project Shared with Office of Head Start and Health Specialists

Allison Hertel, the Training and Technical Assistance (T/TA) Health Specialist for Region 10 Head Start and Early Head Start programs provided a summary of Washington's *Bright Futures in Early Childhood Care and Education* project during a national health meeting in August for Head Start T/TA Health Specialists.

T/TA and other federal participants were impressed with the project, especially data presented on the increase in staff's knowledge about health promotion and the health-related activities implemented by programs using *Bright Futures*. This presentation sparked a lot of ideas from T/TA Health Specialists on how to expand the number of Head Start programs using *Bright Futures* materials.

The Office of Head Start (formerly Head Start Bureau) and the American Academy of Pediatrics are exploring opportunities to introduce Bright Futures concepts to Head Start Grantees nationwide. These collaborative efforts improve opportunities for Head Start and other early childhood programs to utilize the materials, discuss strategies and plan for the successful implementation of *Bright Futures*.

### Presentations

◆ Conference on Advancing School Based Mental Health, September 28-30, Baltimore, Maryland. The Washington State Bright Futures project presented the school nurse mental health training activities and outcomes at the 11<sup>th</sup> annual conference, sponsored by the Center for School Mental Health Analysis and Action and the University of Maryland School of Medicine. <http://csmha.umaryland.edu/>

◆ WAEYC, (Washington Association for the Education of Young Children), Saturday, October 28, Healthy Kids, Brighter Futures, 8:30 – 11:30 am. Meydenbauer Center, Bellevue, Washington. <http://www.waec.org/>

◆ Zero to Three, December 1-3, Albuquerque. The Washington State Bright Futures Early Childhood project will present the Early Childhood project and outcomes. [www.zerotothree.org](http://www.zerotothree.org)

Fall 2006

development of this Guidebook.

## RESOURCES

### TO:

\* **Learn more about the Washington State Bright Futures Project**

\* **Obtain technical assistance or training in the use of Bright Futures materials**

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## Web Access to Bright Futures

- \* [www.brightfutures.aap.org](http://www.brightfutures.aap.org)
- \* [www.brightfutures.org](http://www.brightfutures.org)
- \* [www.brightfuturesforfamilies.org](http://www.brightfuturesforfamilies.org)
- \* [http://www.doh.wa.gov/cfh/mch/Bright\\_Futures/default.htm](http://www.doh.wa.gov/cfh/mch/Bright_Futures/default.htm)
- \* [http://depts.washington.edu/chdd/ucedd/ctu\\_5/prombright\\_5.html](http://depts.washington.edu/chdd/ucedd/ctu_5/prombright_5.html)

